

Introduction to Work Patterns

Work patterns describe how and where people spend their time at work. Based on mobility and interaction, there are total six work patterns:

1. Desk-bound, interactive
2. Desk-bound, concentrative
3. Internally-mobile, interactive
4. Internally-mobile, concentrative
5. Externally-mobile, interactive,
6. Externally-mobile, concentrative

People are desk-bound if they spend over $\frac{3}{4}$ of the time at their own workstations or offices.

People are internally-mobile if they spend less than $\frac{1}{4}$ of the time outside the office and less than $\frac{3}{4}$ of the time at their own desks

People are externally-mobile if they spend more than $\frac{1}{4}$ of the time working outside the office.

People who have a concentrative work pattern typically report that, when at their desk, over half of their time is devoted to concentrative work including computer-based tasks, composing emails, reading, writing etc.

People who have an interactive work pattern typically report that, when at their desk, over half the time is spent on interacting with others in person or over the phone. To find out what your work pattern is, please take the work pattern survey.

